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DisordersThe Clinical Guide to Fertility, Motherhood, and Eating DisordersA Parent's Guide to Defeating Eating DisordersHelping People with Eating DisordersEating DisordersMedical Management of Eating Disorders

Eating Disorders

Drawing on the evidence-based Internal Family System (IFS) therapy model, *An Internal Family Systems Guide to Recovery from Eating Disorders: Healing Part by Part* addresses the necessity of healing the eating disorder sufferer's three groups of inner "Parts": the Mentors, the Advocates, and the Kids. In order to reconnect to their sense of Self and to achieve an inner balance necessary for recovery, the reader learns to address the unique needs of each of their "Parts." Written in an accessible style, this book combines compassionate examples from the author's client cases and her own recovery with a step-by-step framework for identifying and healing the readers' Parts using the IFS model. Each chapter ends with questions for the reader to answer to further enhance their personal recovery. *An Internal Family Systems Guide to Recovery from Eating Disorders: Healing Part by Part* will be essential to mental health professionals treating clients with eating disorders and to the clients themselves.

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Eating Disorders and Obesity

The first of its kind, this edited volume provides in-depth, culturally sensitive material intended for addressing the unique concerns of Black women with eating disorders in addition to comprehensive discussions and treatment guidelines for this population. The contributing authors—all of whom are Black professionals providing direct care to Black women—offer a range of perspectives to help readers understand the whole experience of their Black female clients. This includes not only discussion of their clients' physical health but also of their emotional lives and the ways in which the stresses of racism, discrimination, trauma, and adverse childhood experiences can contribute to disordered eating. Through a wealth of diverse voices and stories, chapters boldly tackle issues such as stereotypes and acculturative stress. Clinicians of any race will gain new tools for assessing, diagnosing, and treating disordered eating in Black women and will be empowered to provide better care for their clients.

Taking a Detailed Eating Disorder History

Do you think that you or someone you love may suffer from an eating disorder? *Eating Disorders For Dummies* gives you the straight

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facts you need to make sense of what's happening inside you and offers a simple step-by-step procedure for developing a safe and health plan for recovery. This practical, reassuring, and gentle guide explains anorexia, bulimia, and binge eating disorder in plain English, as well as other disorders such as bigorexia and compulsive exercising. Informative checklists help you determine whether you are suffering form an eating disorder and, if so, what impact the disorder is having or may soon have on your health. You'll also get plenty of help in finding the right therapist, evaluating the latest treatments, and learning how to support recovery on a day-by-day basis. Discover how to: Identify eating disorder warning signs Set yourself on a sound and successful path to recovery Recognize companion disorders and addictions Handle anxiety and emotional eating Survive setbacks Approach someone about getting treatment Treat eating disorders in men, children, and the elderly Help a sibling, friend, or partner with and eating disorder Benefit from recovery in ways you never imagined Complete with helpful lists of recovery dos and don'ts, Eating Disorders For Dummies is an immensely important resource for anyone who wants to recover – or help a loved one recover – from one of these disabling conditions and regain a healthy and energetic life.

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Eating Disorders

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. Sick Enough offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

Eating Disorders

Eating problems are common in children and teenagers. Yet myths about such problems abound and it can be very difficult to separate the facts from popular beliefs; unusual or disturbed eating patterns can be understandably bewildering and distressing for parents. Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and

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will give you advice on what you and others can do to manage the situation. Written by two experienced clinicians, this new edition of *Eating Disorders: A Parents' Guide* is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to the subject with practical advice, this book represents the first step towards recognising, understanding and dealing with the problem. Case-studies are used to help parents understand their children's experiences of this complex and challenging subject and sensitive advice is offered on a range of issues, including: how to identify a complete range of eating difficulties how to approach specific problems where to seek help and treatment. This book will be welcomed by anyone who is concerned about the eating habits of their children and will be invaluable to professionals working with those suffering from eating disorders.

The Parent's Guide to Eating Disorders

The *Parent's Guide to Eating Disorders* shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors

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focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

Pocket Guide for the Assessment and Treatment of Eating Disorders

A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. Acceptance and Commitment Therapy for Eating Disorders presents a thorough

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conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action-the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

Acceptance and Commitment Therapy for Eating Disorders

Revised and updated. In a society where people have access to healthy, nutritious food, why do so many -- especially girls and young women - develop eating disorders that

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can lead to illness, psychological anguish, organ damage and death? This revised and updated edition of Eating Disorders provides expert advice on the causes, effects and treatment of anorexia nervosa, bulimia nervosa, binge eating and a host of less familiar eating disorders. The authoritative text is non-technical and accessible. Topics include: Early warning signs Genetic predisposition Feeding disorders of infancy and early childhood Complicating factors such as pregnancy, diabetes and substance abuse The recovery process Updated medical and psychological treatment options Practical tips on how family and friends can help. The book is organized into the following chapters: Anorexia Nervosa Bulimia Nervosa Other Eating Disorders Factors That Complicate Eating Disorders Understanding Eating Disorders Medical Treatment Medications That May Help Psychological Treatment The Road to Recovery. Supplemented by case studies and personal insights from men and women recovering from these conditions, Eating Disorders is an intelligent, sensitive guide to a complex and disturbingly common problem.

Nutrition Counseling in the Treatment of Eating Disorders

Answers common questions about anorexia, provides insight from recovered anorexics,

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and offers information on healthy eating and weight

Anorexia Nervosa

Eating disorders are among the most complex disorders to treat, typically requiring medical, nutritional, and psychotherapeutic interventions. High relapse rates and the sense of urgency to save lives and minimize or prevent lifelong problems present challenges for even the most seasoned treatment providers. In an engaging, clear, and concise manner, *Eating Disorders in Special Populations: Medical, Nutritional, and Psychological Treatments* prepares physicians, dietitians, and psychotherapists to navigate the labyrinth they enter with eating disordered patients. Aggregating a vast amount of information and perspectives in a clear and concise format, readers will gain insight into the minds on both sides of the treatment room. From leading experts in the field, readers will learn how dietitians, physicians, and psychotherapists conceptualize and treat people with eating disorders, and treatment providers will discover the nuanced etiologies of eating disorder symptoms in a range of diverse populations. Increase your cultural competency and expand your practice by learning how eating disorders are created, maintained, and resolved. Join us in bringing

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light, health, and hope to our patients and to our colleagues across disciplines.

ADA Pocket Guide to Eating Disorders

An exceptionally practical book for clinicians who are interested in evaluating and treating eating disorders in children and adults, this guide provides expert guidance in a succinct and accessible format.

The Outpatient Treatment of Eating Disorders

Eating problems in children and teenagers are very common. Yet myths about the problem abound and it can be very difficult to separate the facts from popular beliefs; unusual or disturbed eating patterns can be understandably bewildering and distressing for parents. Whatever aspect of your child's eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and will give you advice on what you and others can do to manage the situation. Written by experienced clinicians, this new edition of *Eating Disorders: A Parents' Guide* is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to the subject with practical advice, this book represents the first step towards diagnosis and

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treatment. Case-studies are used to help parents to understand their children's experiences of this complex and challenging subject and sensitive advice is offered on a range of issues, including: how to identify a complete range of eating difficulties how to approach specific problems where to seek help and treatment. This book will be welcomed by anyone who is concerned about the eating habits of their children and will be invaluable to professionals working with those suffering from eating disorders.

Handbook of Assessment and Treatment of Eating Disorders

Decoding Anorexia is the first and only book to explain anorexia nervosa from a biological point of view. Its clear, user-friendly descriptions of the genetics and neuroscience behind the disorder is paired with first person descriptions and personal narratives of what biological differences mean to sufferers. Author Carrie Arnold, a trained scientist, science writer, and past sufferer of anorexia, speaks with clinicians, researchers, parents, other family members, and sufferers about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it's so hard to leave anorexia behind. She also addresses:

- How environment is still important and influences behaviors
- The

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characteristics of people at high risk for developing anorexia nervosa • Why anorexics find starvation "rewarding" • Why denial is such a salient feature, and how sufferers can overcome it Carrie also includes interviews with key figures in the field who explain their work and how it contributes to our understanding of anorexia. Long thought to be a psychosocial disease of fickle teens, this book alters the way anorexia is understood and treated and gives patients, their doctors, and their family members hope.

Family Based Treatment for Restrictive Eating Disorders

Both practical and comprehensive, this book provides a clear framework for the assessment, treatment, and prevention of eating disorders and obesity. Focusing on best practices and offering a range of current techniques, leaders in the field examine these life-threatening disorders and propose treatment options for clients of all ages. This text, written specifically for counselors, benefits from the authors' collective expertise and emphasizes practitioner-friendly, wellness-based approaches that counselors can use in their daily practice. Parts I and II of the text address risk factors in and sociocultural influences on the development of eating disorders, gender differences, the unique

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concerns of clients of color, ethical and legal issues, and assessment and diagnosis. Part III explores prevention and early intervention with high-risk groups in school, university, and community settings. The final section presents a variety of treatment interventions, such as cognitive-behavioral, interpersonal, dialectical behavior, and family-based therapy. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

Eating Disorders in Children and Adolescents

Updated to reflect recent DSM categorizations, this edition includes coverage of binge-eating disorder and examines pharmacological as well as psychotherapeutic approaches to treating eating disorders.

Sick Enough

The Treatment of Eating Disorders

Eating Disorders: The Facts is a guide to the three major eating disorders: anorexia,

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bulimia and obesity. This comprehensive guide considers why eating disorders occur, and then looks at each in turn, describing the eating behaviours, diagnosis, and treatments available.

Body Image, Eating, and Weight

Family Based Treatment for Restrictive Eating Disorders unpacks some of the most common dilemmas providers face in implementation of Family Based Treatment (FBT) across the spectrum of restrictive eating disorders. Directed towards advanced clinicians and supervisors, this manual is rooted in the assumption that true fidelity requires ongoing self-reflection and an understanding of the nuances involved in translating manualized interventions into rich clinical practice. Combining the key tenets of FBT with the best practices in supervision, it provides a framework to support each phase of the treatment process. Each chapter contains a wealth of resources, including clinical vignettes, a treatment fidelity measure, and other useful tools to assist both supervisors and advanced clinicians in becoming expert FBT practitioners.

Surviving an Eating Disorder

Discusses anorexia nervosa, bulimia nervosa, selective eating problems, functional

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dysphagia, and food avoidance emotional disorder.

The Eating Disorders Sourcebook

Up-to-date and accessible, the second edition of *Helping People with Eating Disorders* is a comprehensive guide to understanding, assessing, and treating eating disorders. Focuses on evidence-based practice with references to the latest research and new DSM-V classifications Discusses the types of eating disorders and their causes, reviews treatment methods and their outcomes, and provides guidance on dealing with challenging cases Illustrates concepts and methods using several case studies that run throughout the book, as well as many examples from the author's clinical work Written in clear and concise language by an expert with over 40 years' experience in the field

Treating Black Women with Eating Disorders

Explores the nature of midlife eating disorders, looking at why they develop, how their unique challenges set them apart from those that occur earlier in life, and the path to recovery.

Eating Disorders

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Provides information on how to recognize eating disorders and their symptoms, including anorexia nervosa, bulimia, and binge eating, and also offers treatment programs

The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum

The recent publication of the revised Diagnostic and Statistical Manual of Mental Disorders (DSM-5®) has had a profound impact on the classification of eating disorders, introducing changes that were formalized after years of study by the Eating Disorders Work Group. The Handbook of Assessment and Treatment of Eating Disorders is the only book that provides clinicians with everything they need to know to implement these changes in assessment, diagnosis, and treatment. After an overview of feeding and eating disorders that systematically reviews the changes from DSM-IV to DSM-5®, some of the foremost scholars in each area address eating disorders in adults, children and adolescents, and special populations. Chapters on assessment and treatment, along with accompanying videos, offer comprehensive, state-of-the-art coverage that will benefit clinicians in practice, such as psychiatrists and psychotherapists, as well as mental health trainees. Clinicians will

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find the following features and content especially useful: Five full chapters on assessment tools cover the evolution of measures and instruments, from the primitive beginnings to the cutting edge of new technological applications. The challenges of diagnosing feeding and eating disorders in children and adolescents are also addressed. Treatment chapters cover restrictive eating, including anorexia nervosa and avoidant/restrictive food intake disorder, binge eating, including bulimia nervosa and binge-eating disorder, and other eating problems, including pica, rumination disorder, and night eating syndrome. One chapter focuses on eating problems among men and boys, who have diverse presentations, and the motivations and body image disturbances that may differ from those typically found among females. Because attunement to culturally and socially patterned characteristics of clinical presentation is essential to an informed and accurate mental health assessment, an entire chapter is devoted to clinical effectiveness in multicultural and cross-cultural settings. Each chapter ends with key clinical points to help readers focus on the most salient content, test comprehension, and review for examinations. Clinicians in both training and practice will find the book's up-to-date, DSM-5®--compatible content to be utterly essential. The Handbook of Assessment and Treatment of Eating Disorders belongs in the

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library of every mental health professional practicing today.

Can I Tell You about Eating Disorders?

The upheaval of pregnancy and new motherhood can often trigger a relapse for women recovering from eating disorders, or contribute to their development. This book supports pregnant women and new mothers struggling with changing body image, eating disorders, postpartum depression or perinatal anxiety. Many of the emotional challenges of recovering from an eating disorder - isolation, perfectionism and identity issues - are compounded during pregnancy or early motherhood, when women also have to tackle hormone fluctuations, food cravings and perceived pressures to lose baby weight. The author combines friendly, non-judgmental advice and professional expertise with candid personal experience. She offers recovery tools, support strategies and realistic advice on how to make time for self-care while navigating the chaos of sleep deprivation and feeding schedules. Most importantly, this book will help women let go of social and self-imposed pressures, and embrace being good enough during the massive learning curve of new motherhood.

Eating Disorders in Special Populations

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Taking a Detailed Eating Disorder History educates health care clinicians of all backgrounds on how to best acquire a detailed eating disorder history and expands the clinical standard and effectiveness of history taking for a more thorough treatment of eating disorders. It describes the vast permutations and possible combinations of over 100 eating disorder behaviors as well as their connections to emotional and social triggers. Readers will also gain a stronger understanding of complicating factors related to eating disorders, such as diabetes, pregnancy, inflammatory bowel disease, and metabolic disorders, as well as drug and alcohol use, difficult relationships, and emotional strife. This informative new resource will be essential for any care provider of those with eating disorders.

Eating Disorders For Dummies

Bringing together leading authorities, this comprehensive volume integrates the best current knowledge and treatment approaches for eating disorders in children and adolescents. The book reveals how anorexia nervosa, bulimia nervosa, and other disorders present differently developmentally and explains their potentially far-reaching impact on psychological, physical, and neurobiological development. It provides guidelines for developmentally sound

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assessment and diagnosis, with attention to assessment challenges unique to this population. Detailed descriptions of evidence-based therapies are illustrated with vivid case examples. Promising directions in prevention are also addressed. A special chapter offers a parent's perspective on family treatment.

Midlife Eating Disorders

The highly respected and widely known *Anorexia Nervosa: A Survival Guide for Sufferers and Friends* was written in 1997. This long-awaited new edition builds on the work of the first book, providing essential new and updated research outcomes on anorexia nervosa. It offers a unique insight and guidance into the recovery process for those who suffer from an eating disorder as well as advice and information for their loved ones. Written collaboratively by both an expert in the field and someone with personal experience of eating disorders, this book offers exceptional understanding of the issues surrounding the illness. Divided into four sections, it includes: an outline of anorexia nervosa coping strategies for sufferers advice and information for families, carers and friends guidelines for professionals who are involved in the sufferer's life. Families, friends, carers and professionals such as teachers and GPs

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are encouraged to read all sections in order to fully understand the illness. With an emphasis on collaboration and a layout that enables content to be referenced and read in any order, this book is an essential resource for anyone affected, directly or indirectly, by anorexia nervosa.

Handbook of Treatment for Eating Disorders

Marcia Herrin and Maria Larkin have collaborated on the second edition of Nutrition Counseling in the Treatment of Eating Disorders, infusing research-based approaches and their own clinically-refined tools for managing food and weight-related issues. New to this edition is a section on nutrition counseling interventions derived from cognitive behavioral therapy-enhanced, dialectical behavioral therapy, family-based treatment, and motivational interviewing techniques. Readers will appreciate the state of the art nutrition and weight assessment guidelines, the practical clinical techniques for managing bingeing, purging, excessive exercise, and weight restoration as well as the unique food planning approach developed by the authors. As a comprehensive overview of food and weight-related treatments, this book is an indispensable resource for nutrition counselors, psychotherapists, psychiatrists, physicians, and primary care

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providers.

Eating Disorders in Women and Children

Decoding Anorexia

This book equips readers with the knowledge required to improve diagnosis and treatment and to implement integrated prevention programs in patients with eating and weight disorders. It does so by providing a comprehensive, up-to-date review of research findings and theoretical assumptions concerning the interface and interactions between body image and such disorders as anorexia nervosa, bulimia nervosa, binge eating disorder, other specified feeding and eating disorders, orthorexia nervosa, overweight, and obesity. After consideration of issues of definition and classification, the opening part of the book examines the concept of body image from a variety of viewpoints. A series of chapters are then devoted to the assessment of the multidimensional construct "body image", to dysmorphophobia/body dysmorphic disorder, and to muscle dysmorphia. The third part discusses body image in people suffering from different eating disorders and/or overweight or obesity, and two final chapters focus on body image in the integrated prevention of eating disorders and obesity, and cultural

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differences regarding body image. The book will be of interest to all health professionals who work in the fields of psychiatry, clinical psychology, eating disorders, obesity, body image, adolescence, public health, and prevention.

Anorexia Nervosa

Now in its second edition, this established text provides the practical information needed to treat patients with anorexia nervosa and related eating disorders. It is suitable for all health care professionals involved in eating disorder management, with special information provided for general practitioners, nurses, family carers and nutritionists.

Eating Disorders

Our understanding of eating disorders has improved markedly over the past 10 years since the publication of the previous edition of this volume. Early intervention is the key, as body dissatisfaction, obsession with thinness, and restrained and binge eating can be found in those as young as ten. Exploring prevention methods and therapeutic options,

The Eating Disorder Sourcebook

In this new edition of their best-selling

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work, Drs. Philip S. Mehler and Arnold E. Andersen provide a user-friendly and comprehensive guide to treating and managing eating disorders for primary care physicians, mental health professionals, worried family members and friends, and nonmedical professionals (such as teachers and coaches). Mehler and Andersen identify common medical complications that people who have eating disorders face and answer questions about how to treat both physical and behavioral aspects of eating disorders. Serious complications, including cardiac arrhythmia, electrolyte abnormalities, and gastrointestinal problems, are discussed in detail. Incorporating illustrative case studies, medical background on the complications, guidelines for diagnosis and treatment, and an up-to-date list of selected references, chapters provide comprehensive coverage of topics, including team treatment and nutritional rehabilitation. The authors also address special areas of concern, such as athletes who have eating disorders, males with eating disorders, and the pharmacological treatment of obesity. New topics include diabetes and eating disorders, osteoporosis, involuntary feeding, innovative psychological strategies, and ethical dilemmas.

A Clinician's Guide to Binge Eating Disorder

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This book is a comprehensive guide to addressing, working with, and healing from emotional struggles related to fertility and eating disorders. Covering the emotional, psychological and physical impact of anorexia nervosa, bulimia and binge eating disorder, this book explores the lived experience of numerous women and men who have lived with eating disorders, fertility, and parenthood. It delves into research on medical complications that can affect fertility, attachment, the experience of shame, adjustment to the postpartum period, and offers clinical tools for therapists to use to support clients from a weight and body neutral perspective. Those who read this book will come away with a renewed sense of hope for recovery and healing from serious mental illnesses, and the notion that the value of having a family may be stronger than the eating disorder itself. The only book of its kind, *The Clinical Guide to Fertility, Motherhood and Eating Disorders* will be useful to practitioners, therapists, and scholars alike.

An Internal Family Systems Guide to Recovery from Eating Disorders

The Clinical Guide to Fertility, Motherhood, and Eating Disorders

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Incidence of BED appears to be on the increase. Treating it, and overcoming it, is all the more difficult, especially for those living in a culture that has an intense body image focus. A Clinician's Guide to Binge Eating Disorder educates the reader about its triggers and behaviours - and describes steps to treat it and resume a full and productive life. Evidence-based research outcomes provide the framework and foundation for this book. First-person case studies bring application of this science to life to help close the gap between research and treatment/care, and the importance of clinicians developing a therapeutic relationship as a healing tool with their client is discussed, recognizing that medical and psychological dimensions are inextricably intertwined. This book allays fear of the unknown, explains the emotional chaos that can sweep in like a storm when, unintentionally, triggers are released. It provides practical steps and footholds for clinicians and researchers to help the patient take control of their life and look to a positive future.

A Parent's Guide to Defeating Eating Disorders

Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions . . . these

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disorders can be devastating, but they are in no way unbeatable. Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies. Whether you are living with an eating disorder or you are a loved one or professional helping someone who is, The Eating Disorder Sourcebook will help you:

- Recognize and identify eating disorders
- Discover and work with the underlying causes of an eating disorder
- Make the right choices when comparing treatment options
- Understand what is expected in individual, group, and family therapy
- Know when outpatient treatment is not enough and what else can be done

Helping People with Eating Disorders

Case studies provide examples of the psychological components of eating disorders and how family members and friends can help.

Eating Disorders

Featuring metaphorical explanations for parents and caregivers about eating disorders and their treatments, a conceptual guide explains how to facilitate a supportive relationship with sufferers at every stage toward health. Original.

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Medical Management of Eating Disorders

Eminently practical and authoritative, this comprehensive clinical handbook brings together leading international experts on eating disorders to describe the most effective treatments and how to implement them. Coverage encompasses psychosocial, family-based, medical, and nutritional therapies for anorexia nervosa, bulimia nervosa, binge-eating disorder, and other eating disorders and disturbances. Especially noteworthy are "mini-manuals" that present the nuts and bolts of 11 of the treatment approaches, complete with reproducible handouts and forms. The volume also provides an overview of assessment, treatment planning, and medical management issues. Special topics include psychiatric comorbidities, involuntary treatment, support for caregivers, childhood eating disorders, and new directions in treatment research and evaluation.

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